



Vegetarian Society of Honolulu

Volume 7 Issue 3

September 1996

Food for thought****

TOKYO-AP 8/3/96 Inspectors tracing the source of a recent food poisoning epidemic in Japan have found a deadly bacteria in beef at a slaughterhouse that distributes beef nationwide, according to news reports today.

The E. coli 0157 bacteria has killed seven people and sickened more than 9,000. Investigators are examining the bacteria to see if it is the same batch that caused the outbreak.

TOKYO- A P 8/8/96 Supermarkets pulled radish sprouts off the shelves after the government said they caused a food poisoning outbreak. The sprouts became suspect after an investigation eliminated most other items from school menus. However no traces of the bacteria were found in sprouts from the cafeteria or at a grower that provided them to schools.

TOYKO-AP 8/16/96- Japanese Health Minister made a lunch of radish sprouts in defense of the vegetable wrongly accused of causing a fatal food poisoning epidemic. Yesterday the Health Ministry gave the sprouts a clean bill of health after tests on the vegetable for traces of the 0157 strain of the E coli bacteria

NO DEFENSE OF THE MEAT HAS BEEN MADE !

VSH SEEKS OFFICE SPACE

Message from VSH President Ruth Heidrich

VSH has enjoyed phenomenal growth over the last few years. We now have well over 800 members and are the largest local vegetarian society in the United States. This is great, but it has required some changes We Save had to hire a part-time bookkeeper to keep up with the heavy volume of mail. Another change will be a move to a REAL office. Since our inception, we've operated out of an spare bedroom in the Elaine French and Jerry Smith home. They have been very tolerant of this arrangement, however it's time for us to give them back their space. We need a more central location for easier access to information and assistance. We're looking for office space of at least 200-500 s.f. and have budgeted \$300 a month for rent and utilities. If any of you know of anything that meets these requirements, contact Marcia Deutch a? 988-5000. see MESSAGE page 2

THANKSGIVING FETE SET

The Vegetarian Society of Hawai'i Annual Thanksgiving Dinner and Fundraiser will be held on Wednesday, November 27, at 6:30 PM in the McCoy Pavilion, located near the tennis courts in Ala Moana Beach Park.

Experience the ambiance and culinary expertise of Madana Peatross. This totally vegan buffet will have the following approximate menu:

Vegetable Chowder, Salad, Tofu Turkey Loaf with stuffing, Vegetarian Curry, Sweet Potatoes, Cranberry

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VSH PRESIDENT RUTH HEIDRICH



From MESSAGE Page 1

These added expenses cannot be covered by our current income. To remedy this, The board of Directors has authorized an increase in membership dues effective January 1997. Individual dues will be raised to \$20, Family \$30, and Students \$12. Membership in VSH is more valuable than ever as more restaurants and other businesses offer discounts to our members. This will be our first dues increase in five years, and it will put us in line with what many mainland groups charge for membership. An added bonus: you can lock in the current low rate for renewing now for up to five years.

As a non-profit organization, we rely on donations for our survival. We encourage all members who are able to support us with donations to do so. It costs money to rent the Ala Wai clubhouse for our meetings, but thanks to Roger Taylor, we have an attractive donation box available on the book table at each meeting. There is also a place on your membership renewal form for you to add a donation when you pay dues. Another excellent opportunity to help us comes with the annual Aloha United Way campaign. You may designate the VSH as the recipient of part or all of your AUW donation, and AUW will forward the donation to us. All donations to VSH are tax deductible.

We also now have an official "fund

raiser." Kimo Sutton has accepted an offer to hold that position, and Jim Hawkins has taken the job of being our newsletter editor.

Thank you, guys! These are really important jobs.

The beef and dairy industries are never begging for money, and, in fact, get our tax dollars in the form of subsidies and write-offs for advertising, which they do heavily. They spend millions peddling their dubious products. For us to counteract their nonsense and exert a healthy influence on this community, we need a team of committed, informed, and generous members. Thank you for your support.

Ruth Heidrich.

Please take special note of the following:

Our Central Oahu Branch of the VSH badly needs help. A small dedicated cadre has been trying to carry the load by themselves. If anyone is willing to act as Meeting Planner, please contact Virginia Johnson, 623-9972 or Ruth Heidrich, 536-4006.

Nancy Hammer is looking for some help in establishing a vegetarian option for the Hawaiian Language Immersion camp on Molokai. She needs some support in encouraging them to try this for next year.

From FETE Page 1

Carrots with a Ginger Maple Glaze, Dessert and more.

Entry Prices:

Gold Level Benefactor	\$100
(includes membership and T-shirt)	
Silver Level Benefactor	\$50
(includes membership or T-shirt)	
Age 12 to Adult	\$22
Age 4 to 11	\$10
Age 3 and under	FREE

This is open to the public so invite your friends and let them be exposed to a vegetarian feast. There will be door prizes for members (people joining at the event will be eligible) and a silent auction open to all. [We are soliciting donations for both our door prizes and silent auction]

All tickets are to be sold in advance.

You may reserve your seat by sending your check written out to VSH - Thanksgiving and indicate how many people are coming and their ages. Mail before November 20th to:

Michelle Cyl, Treasurer VSH, 978 Kawaiahao St. Honolulu, Hi. 96814

You will get a return call verifying the receipt of your check so be sure to include your phone number.

Call Roger Taylor 672-4207 or Kimo Sutton 373-33 14 for information.

Board Positions open for talented Volunteers!

Do you want to help spread the word about vegetarianism? Would you like to serve on the VSH Board of Directors and do most of your work from home? Do you like to organize things and talk on the phone? Maybe the position of Outreach and Education Director is the job for you. Your duties would involve responding to phone calls from people who invite us to attend health fairs, environmental fairs, or just to speak to groups of people in the community. You would obtain all the details about the event, determine how many volunteers will be needed and prepare a work schedule for them or determine the appropriate Board member to be the speaker and arrange the details. The Volunteer Coordinator is available to find volunteers for you after you organize the work schedule. For more information. call VSH at 395-1499.

"The VSH Board position of Merchandise Manager is still available. This volunteer position involves selecting and ordering books, tapes, videos, T-shirts and other educational materials for VSH to sell. The Merchandise Manager brings the saleable items to each monthly meeting, supervises sales at

see POSITIONS page 3

VISIT BY NUTRITION CONSULTANT

Negotiations are proceeding for nationally reknown nutrition consultant Jennifer Raymond, M.S. and EarthSave's Healthy School Lunch Co-coordinator Susan Campbell to visit Hawaii this school year to work with the State Department of Education and possibly other schools in Hawaii helping to plan healthier menus. Raymond would offer extensive experience training school Food Service Managers in the use of a new computer data base to analyze meals (a new U.S. Agriculture Department requirement) and planning meals around nutritional content. Schools will also be required to meet new standards on how much fat or saturated fats, etc. will be allowed in meals. Raymond will be able to show food service managers how easy this can be accomplished with a low-fat, plant-based menu. She would teach managers to prepare these healthier meals and to taste-test them in their own school's cafeteria. This would go hand-in-hand with classroom education and student/parent/staff nutrition workshops conducted by Raymond. School meal options have been found to be most successful if accompanied by education about the vital health and environmental issues involved. Hopefully arrangements can be made to have the Y.E.S. Tour (Youth for Environmental Sanity) provide an exciting finale.

While Susan Campbell's work is funded by EarthSave, the successful health environment-focused non-profit organization, which is her employer, Raymond would work under a contract with the D.O.E. However since the D.O.E. School Lunch Manager, Eugene Kaneshiro, has experienced cuts in his budget and at this time we have only potential sources of supplemental funding for this program, we need to

seek funds to bring Raymond here. If you know of anyone who has private or public monies for community beneficial projects, please call Cheryl Chung at 235-5132 or Mary Arakaki at 488-1505. These educational ventures could have far-reaching results for the children and families of Hawaii and the physical Earth we call home.

We also want you to know about an excellent opportunity for teachers to obtain FREE copies of an excellent elementary school nutrition curriculum, *Healthy Children, Healthy Planet.*, made available from EarthSave only if the teachers call order them by 9/30/96. After that date the cost will be \$9.95 (\$8.85 for EarthSave members). To order call (800) 362-3648. This is not the curriculum Raymond will give free to teachers for follow-up after her sessions, but it provides a major step toward helping students and staff understand, starting where they are now and based on the Food Pyramid Guide promoted to teachers, about the vital relationship between nutrition, health and the environment.

Aloha, Cheryl Chung, VSH School Lunch Coordinator

from POSITIONS Page 2

the book table, and returns the inventory to the VSH office afterward. He/she also provides saleable items for health or environmental fairs which VSH is invited to attend. Serving on the Board of Directors is stimulating and fun; this is a chance for a motivated vegetarian member to make a meaningful contribution to VSH. For more information, please call VSH at 395-1499."

The Board position of Membership Secretary is also available now. This volunteer position involves some computer work, especially around the time of the newsletter deadline. The Membership Secretary deletes expired members from the computer, then prints the newsletter labels for the Editor. He/she also records information from membership questionnaires in the computer, and prepares the quarterly Member's directory. He/she ensures that we have enough new member packets and renewal packets for the Bookkeeper to use. This is a good job for a detail-oriented person, and one of the best perks of working in the office is the chance to read newsletters from all the other vegetarian societies!

Wish List For New Office

Do you think that Santa could visit us early this year? We certainly need an office. Our co-founders, Elaine French and Jerry Smith have been very hospitable to us, and we now occupy about 150 sq. ft. in their home. After six years, we have outgrown our space; it is time for us to move out! If you happen to see an office that is available, please let us know.

When we move, there are other things that we will need: typewriter FAX machine copy machine vacuum cleaner bookcase large free standing storage shelves pole lamp office desk and desk chair fan IBM compatible computer folding chairs folding table a row of office "mailboxes" to hang on the wall.

All items must be in clean, working condition. Because we are a non-profit organization, your donations are tax deductible, and we will be happy to give you a receipt. If you have any of these items that you would like to contribute, please leave a message on our hot line 395-1499.

Marcia Deutch Office Manager

HONOLULU HERBIVORE HAPPENINGS

Calendar of meetings and Special Events for the Fall quarter 1996

September 9th, Monday: Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). VSH Board members will prepare some of their favorite dishes in a you-won't-want-to-miss cooking demonstration.

September 17th, Tuesday Join us at 6:00 PM at Gauranga's: 51 Coelho Way (Krishna Temple, Nuuanu) for an all vegetarian buffet for our first dineout of the new quarter. Parking on the grounds. Call Roger 672-4207 to make reservations.

September 26th, Thursday Join us at 6:00 PM at Payao's Thai Cuisine at Restaurant Row for our second dineout in September. See the restaurant review in a separate article. Parking free after 5 PM. Call Roger 672-4207 to make reservations.

October 9th, Wednesday Join us at 6:00 PM at the India Bazaar 2320 S. King St.(Moiliili). This is an inexpensive plate lunch restaurant serving Indian cuisine. Some parking in the shopping center, other street parking nearby. Call Roger 672-4207 to make reservations.

October 14th, Monday: Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). William Harris M.D., one of our most popular speakers, a vegetarian for forty-six years and author of *The Scientific Basis of Vegetarianism*, will discuss 'Various Errors in Nutritional Advice; Theirs Versus Ours.' Illustrated with the author's slides.

October 20th, Sunday Join us at

6:00 PM at Indigo's 1121 Nuuanu Ave Downtown. This is an upscale restaurant and they will be making a special menu item for us so make sure you call (672-4207) me ahead of time so I can get a pretty close count of how many people are coming. Public parking at the China Town Gateway on Bethel between King and Hotel Streets.

November 4th, Monday Join us at 5:45 PM at the Kitchen Garden (near the Bar) in the Makai Market Place at the Ala Moana Shopping center. There are other places to check out here including the La Rotisserie. These are all fast food places so we will have enough time to eat and go to our meeting at the Ala Wai. No need to make reservations this time, just show up.

November 4th, Monday: Please join us for a free lecture at our monthly meeting at 7:00 PM, Ala Wai Golf Course Multi-Purpose Recreation Facility (2nd floor), 404 Kapahulu Ave (.2 mile behind the Kapahulu Library). *Note that this meeting is on the first monday of the month, rather than the usual second monday.* Cathy Goeggel of Animal Rights Hawaii will speak on From Compassion to Activism. Cathy will give tips on compassionate consumerism and how to turn one's ethical vegetarianism into activism for animals. There will also be a short video. Let's all show our support for both the animals plight and our kindred organization, Animal Rights Hawaii, by attending this important meeting.

November 27th, Wednesday Join us at the McCoy Pavilion at Ala Moana Beach park near the tennis courts for our annual Thanksgiving Feast. Food starts at 6:30 PM but we have the pavilion from 3 PM so you can get in some swimming or sunbathing if you are so inclined. We will also need some help with the set up and clean

up. This event requires you to mail your checks in ahead of time. See our separate article on page one. For info call Kimo Sutton 373-3314 or Roger Taylor 672-4207.

Related Event of Special Interest:

September 15th, Sunday, 2 pm Castle Center for Health Promotion is sponsoring Vegetarian Cuisine... Windward Style. Drew Breen and John Akana will be demonstrating "make-a-meal" vegetarian soups and chili, along with salad and bread ideas to help you pull together filling and delicious meals. Recipes and samples provided. 46-001 Kamehameha Hwy. Suite 104, Kaneohe. Cost: \$10 per person. Call 235-8737 for reservations and



LOW-FAT COOKING CLASSES

Masa and Harriet Yafuso will be beginning a new series of low-fat Vegan cooking classes beginning on September 8th and running through October 27th at the Diamond Head Seventh-Day Adventist Church at 828 18th Avenue in Honolulu from 2:00-4:00 pm. Classes are FREE but please make reservations by calling 247-5779.

Restaurant Review

By Roger Taylor

PAYAO Thai Cuisine Restaurant
Row 500 Ala Moana Blvd. #1E
Honolulu, HI 96813 (Close to Row Bar)

This new restaurant, managed by Art Srivongsana, has 25 items on the vegetarian section of their menu. Right off the bat I asked if they used fish sauce in any of their dishes and the reply was "We don't use fish sauce for our vegetarian entrees and we use only a tiny bit of oil." I ordered their mixed vegetables with garlic (Kari Pak) and a bowl of brown rice. I was served in a timely way, the fresh veggies (carrots, bok choy, celery, green beans, onions, ginger, garlic, and basil) were not over cooked (dish also included canned water chestnuts, bamboo shoots, baby corn, and mushrooms), and the sauce was more like a broth than a stir fry. I enjoyed eating outside so I could people watch as I ate my lunch. All their vegetarian entrees are under \$6.50 with most of them billed at \$5.95. They have a lunch special for \$7.95 that includes soup or appetizer, entree, and rice. After my meal I engaged the owner in conversation, asked about a discount for members of VSH and he agreed to a 5% discount for card carrying members. Our thursday, September 26th dineout will be at this location.

Thoughts of Food

The following recipes are excerpted from *Fat Free & Easy* by Jennifer Raymond. This excellent cookbook and others like it are available from the Vegetarian Society "Bookstore" via mail order (see page 8 of this issue) or by direct sale at our monthly meetings. Try these....we know you'll like them.

Simply Wonderful Vegetable Stew

Serves 6 to 8

This delicious stew contains relatively few ingredients and is quick to prepare. Serve it with a fresh green salad and crusty French bread.

- 1 1/2 cups water
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 1 28-ounce can crushed tomatoes
- 1 large green bell pepper, seeded and diced
- 6 medium red potatoes, unpeeled, cut into 1-inch chunks
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon mixed Italian herbs
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1-2 cups greenpeas, fresh or frozen

Heat 1/2 cup of the water in a large pot and cook the onions and garlic until the onion is soft, about 5 minutes. Add the tomatoes, bell pepper, potatoes, remaining water and seasonings. Bring to a simmer, then cover and cook, stirring occasionally, until potatoes are just tender, about 20 minutes. Add extra water if necessary to prevent sticking. Stir in peas and continue cooking until heated through.

Nutrition information per serving: 156 calories (2% from fat); 5g protein; 33g carbohydrates; 0.3g of fat; 250mg sodium; 53mg calcium

Strawberry Smoothie

Serves 2

The secret to making a good smoothie is using frozen fruit, to make it really thick and cold. Try this cold thick smoothie with whole grain cereal or muffins for a delicious and satisfying breakfast. You can buy frozen strawberries or freeze your own in an airtight container. To freeze bananas, peel them and break them into inch-long pieces. Pack them loosely in an airtight container and freeze. Bananas will keep in the freezer for about two months, strawberries for six months.

- 1 cup frozen strawberries
- 1 large frozen banana, cut into 1-inch pieces
- 1/2-1 cup unsweetened apple juice

Place all ingredients into the blender and process on high speed until smooth. You may have to stop blender occasionally and move the unblended fruit to the center with a spatula in order to get the smoothie smooth! Serve immediately.

Nutrition information per serving: 97 calories (3% from fat); 1g protein; 22g carbohydrate; 0.3g fat; 5mg sodium; 17mg calcium.

***Vegetarian Society of Honolulu
Proposed Changes to the Bylaws
September 1, 1996***

In order to save the expense of a separate mailing, VSH is using this page of your newsletter as a ballot to present two proposed changes in our bylaws. The first proposal would change our name to "Vegetarian Society of Hawaii". Although we have no concrete plans for outer island branches at this time, we want to have an appropriate name when and if expansion occurs. The second proposal would remove the restriction that the Board contain no more than 18 members. As we grow, we may need to create new Board positions to cover new areas of responsibility. All Board positions are currently filled by volunteers.

It is a requirement of our bylaws that only vegetarian members be allowed to vote. Since all members receive the newsletter, associate members should disregard the ballot. Family memberships may place one "X" on the ballot for each adult vegetarian member voting. The number of eligible voters according to our records is located at the top of your address label as "1V", "2V", etc. Please leave your address label on the back of the ballot, as it enables us to verify the number of votes which your ballot may contain.

PLEASE RETURN BALLOT BY SEPTEMBER 20, 1996

----- Please return bottom portion -----

BALLOT

Proposal #1: Shall Article I of the bylaws be amended to read as follows:

Article I. Name.

The name of this society shall be "Vegetarian Society of Hawaii". The Society shall abide by the international definition of vegetarianism, namely, "Vegetarianism is the practice of living without the use of meat, fish, or fowl, with or without the addition of eggs and dairy products."

YES _____ NO _____

Proposal #2: Shall Article IV number 1 of the bylaws be amended to read as follows:

Article IV. Board of Directors.

The Board of Directors shall consist of a specified number of voting members, including at least the following officers: President, Vice President, Secretary and Treasurer. The Board will determine how many Board members are needed at any given time, and the Board may create other officer positions as it sees fit.

YES _____ NO _____

Please enclose your ballot in an envelope and

mail to: VSH

P.O. Box 25233

Honolulu, HI 96825

MEMBERSHIP, ORDER AND
CHANGE OF ADDRESS FORM
Name: (Please Print)

First _____ Last _____

Street Address _____

City _____ State _____ ZIP _____

Telephone _____

A. Please circle one:
 1. Vegan (no animal products at all) _____
 2. Vegetarian (no flesh, fish or fowl) _____
 3. Non-vegetarian associate _____

B. Annual dues (includes quarterly newsletter)
 Please check one:
 Regular \$15 (increasing to \$20, Jan. 1) _____
 Full-time Student \$8 (inc. to \$12) _____
 Family \$22 (inc. to \$30) _____
 (Foreign: Please add \$4 postage) _____

C. Total _____
 (ordered items, shipping and dues) \$ _____

D. I am already a member, _____
 ...address change only _____

Please make checks payable to:
 VEGETARIAN SOCIETY OF HONOLULU
 PO Box 25233
 Honolulu, HI 96825

VSH Bookstore Items

BOOKS AND TAPES:

<i>The (Almost) No Fat Cookbook</i>	Bryanna Clark Grogan	\$12.95
<i>A Basic Course in Veg. Vegan Nutrition</i>	George Eisman, R.D.	\$22.00
<i>Cook Healthy Fast Cookbook</i>	Dick Allgire	\$10.00
<i>Diet for a New America</i>	John Robbins	\$13.95
<i>Diet for a New America</i>	Video	\$19.95
<i>Fabulous Beans</i>	Barb Bloomfield	\$ 9.95
<i>Fat Free & Easy</i>	Jennifer Raymond	\$10.00
<i>Healthy Heart Handbook</i>	Neal Pinckney, Ph.D.	\$15.95
<i>Live Longer, Live Better (cassette)</i>	Neal Barnard, M.D.	\$ 9.95
<i>MegaHealth</i>	Marc Sorenson, Ed.D.	\$23.95
<i>New McDougall Cookbook</i>	John & Mary McDougall	\$24.00
<i>The Peaceful Palate</i>	Jennifer Raymond	\$15.00
<i>Pregnancy, Children and the Vegan Diet</i>	Michael Klaper, M.D.	\$ 9.95
<i>The Race for Life Cookbook</i>	Ruth Heidrich, Ph.D.	\$ 9.95
<i>The Scientific Basis of Vegetarianism</i>	William Harris, M.D.	\$15.95
<i>The Uncheese Cookbook</i>	Joanne Stepaniak	\$11.95
<i>VSH Dining Guide</i>	(send SASE)	FREE
<i>Why Do Vegetarians Eat Like That?</i>	David A. Gabbe	\$11.95

THE VSH T-SHIRT	\$15.60
<i>(VSH Member)</i>	\$13.52
'I Speak Vegetarian' T-shirt	\$15.60
(Sizes run large. Prices include HI excise tax)	
Size (S-M-L and Women's one size)	_____
Subtotal	\$ _____
Shipping (15% of subtotal)	\$ _____
TOTAL	\$ _____

**P.O. 25233
Honolulu, HI
96825**

The Newsletter of the Vegetarian Society of Honolulu



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